

Arlington Recreation Program Fall 2016 – Winter 2017

**Arlington
Recreation...
Sign Me Up!**

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Do you have an idea for a great program? Do you want to be an instructor? Email us at recoffice@town.arlington.ma.us. We'd love to have you!

Registration Now Open. Register Online at www.arlingtonrec.com

Register By Phone: 781-316-3880 • By Walk-in or Mail-In: Arlington Recreation Department,
422 Summer St., Arlington, MA 02474 • Office Hours: 8:00am – 4:00pm Monday – Friday

Arlington Recreation's After-School Kid Care Program for the 2016 – 2017 School Year



The Arlington Recreation Department is proud to once again offer our licensed, extended-day program for children in Grades K – 5. The program is based at the Gibbs School, located at 41 Foster Street, and includes students from each of the seven elementary schools and St. Agnes. This is our fourth year of this successful program. Arlington Kid Care is licensed by the Department of Early Education and Care.

There are 5-day, 4-day, 3-day, and 2-day per week options. Enrollment is limited. The program begins the first day of the school year. Arlington Kid Care follows the Arlington Public School calendar with the following exceptions: it is not open when school closes at mid-day for a vacation period or closes early because of bad weather. Early release days are included as long as you are registered for the respective day.



Arlington Kid Care operates 5 days a week from the end of the school day until 6:00pm. Students from all grades will do some activities together. There is time for playing sports and games, music and drama, foreign language, weekly science experiments, arts and crafts, a quiet space for homework and a caring staff. Students will also have electives to choose from throughout the year.

**Call the
office before
registration**

Frequently Asked Questions

Will There Be Transportation to Kid Care?

Transportation is provided for students to the program from the individual schools. Alternate transportation options may be available upon request.

How Do I Sign Up?

To enroll, a family may choose 2, 3, 4, or 5 days a week for the entire school year. Participants must be enrolled in the Kid Care program, have filed their paperwork, and paid the \$25 registration fee as well as the first month's tuition payment before attending the Arlington Kid Care Program.

What Are the Fees and Due Dates?

| | |
|----------------|-------------|
| 5 days a week: | \$445/month |
| 4 days a week: | \$358/month |
| 3 days a week: | \$300/month |
| 2 days a week: | \$204/month |

The four, three or two days must be identified at registration. A \$25 non-refundable registration fee is due upon registration. Monthly payments are through automatic credit card payment only. Registration accepted throughout the year if space allows.

Note: Participants must be enrolled in the Kid Care After-School Program, have filed their paperwork, and paid the \$25 registration fee and the first month's tuition payment before attending the Arlington Kid Care After-School Program.

ARLINGTON Recreation

781-316-3880

www.arlingtonrec.com

Sign Me Up!

General Information

Registration and Payment

If choosing to register on-line, please visit www.arlingtonrec.com. If registering for the first time with Arlington Recreation, you will need to create a household account via our website. Please call 781-316-3880 if you experience difficulties. Phone registrations welcome! Payment must accompany all registrations. Checks should be made payable to Arlington Recreation. MasterCard, VISA, and Discover are also accepted.

Special Needs

Participants with special needs are encouraged to attend all of our programs. Staff members are sensitive to their needs and will do everything possible to assist. If you are unsure about program registration, call regarding specifics.

Program Accessibility

Please note that currently our programs are not programmatically accessible due to architectural barriers at most of our host facilities. The Park and Recreation Commission recently completed an accessibility self-assessment of all facilities under their jurisdiction and is developing a multi-year plan to address the issues highlighted in the report. As facilities are updated and become programmatically accessible they will be highlighted as such within the brochure Where description.

Financial Aid

Financial assistance may be available thanks to a Community Development Block Grant program awarded to Arlington Recreation. For eligibility information, contact the Recreation Office. Forms may also be downloaded at www.arlingtonrec.com

Refunds

There will be NO REFUNDS unless Arlington Recreation cancels a program. In the event that participants must cancel, household credit requests must be submitted in written form to the Director of Recreation. If approved, the percentage of credit may vary. If you cancel after the start of a program, no credits or refunds will be given. Please note that there is a \$10 administrative fee for all refunds unless Arlington Recreation cancels the program.

Participants Responsibility

We ask that all participants respect the staff, other participants, program equipment, age requirements, and facilities when participating in programs offered by Arlington Recreation. If participants fail to cooperate with the rules, Arlington Recreation reserves the right to dismiss or suspend a participant in any program without a refund.

Attention Parents

All program participants are encouraged to bring water and snack to the programs, however, due to increased nut allergies, please do not bring or send items containing nuts for snacks and lunches.

Inclement Weather

Sign up online for field closing notice. The Department of Public Works makes the decision regarding field cancellations. Once a determination has been made, the inclement weather hotline and the website are updated for your convenience. It is also our policy that if Arlington Public Schools close due to weather related issues, our programs will also be cancelled.

Cancellations

We reserve the right to cancel or postpone a program due to low enrollment. If a multi-session program must be cancelled due to inclement weather or other unforeseen circumstances, we will make every effort to reschedule the program. If a program cannot be rescheduled, a household credit will be issued for the canceled program. All program cancellations are on line at www.arlingtonrec.com

Course Confirmation

No confirmation for registering via fax or mail will be sent. A participant is registered ONLY when payment is received. If at any time, there are questions regarding your household account, please log onto www.arlingtonrec.com to view your household account history.

Volunteer Opportunities

Arlington Recreation greatly depends on volunteers to support all of our programs and special events. If you are interested in volunteering, there are a variety of programs and activities looking for a caring heart, a specific skill, and a helping hand! Contact us for openings. Thanks to all who have already given their time and energy!

Scholarship Fund

In order to continue offering quality programs at affordable costs, when registering, please consider donating to our scholarship fund. Arlington Recreation's goal is never to turn away an interested participant due to economic hardship. With your help, we will be able to continue this practice. If you choose to donate to the scholarship fund, please be sure to do so at checkout.

**Email program comments, suggestions,
ideas, and concerns to Erin Campbell,
Recreation Supervisor,
ECampbell@town.arlington.ma.us**

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Advertise Your Business or Sponsor a Special Event at the Ed Burns Arena

Would you like Arlington Recreation to help you get the word out about your services or an upcoming event? Need more exposure in Arlington and the surrounding area? Would you like to support Arlington Recreation or sponsor a special event?

There are yearly options available for businesses to advertise at the Veterans Memorial Ice Rink! Options include banners, illuminated signage, Zamboni, scoreboard, or seasonal brochure with over 12,500 copies distributed each season!

**Call Dave Cunningham at 781-316-3882
for more information.**

Special Events



Saturday, September 17

Walter V. Moynihan Town Day Run

The Town Day Road Race is being held on Saturday, September 17th at the Arlington High School. Enjoy this 2.7-mile course as it heads down Mass Ave. and then returns on the Bike Path. An automatic timing system will be used. Registration starts at 7:30am – 8:00am with race time starting at 8:30am. Register the day of the race or prior to the event at Arlington Recreation. Pre-race Registration is \$20 per person. This event is sponsored by Arlington Recreation, Boys & Girls Club and Fidelity House.



Saturday, September 17th, Town Day

Moonlight Beach Party @ the Res!

Save the date and join us for a fun filled evening of music, dancing, food, drink, live auction and raffles. The Arlington Reservoir beach will be transformed into a beach party as we enjoy a fun evening of Blue Ribbon BBQ and activities as we raise funds and awareness for Arlington parks. Get your tickets for the must-go-to event of the Fall at arlingtonrec.com.



Saturday, March 18, 2017

Daddy/Daughter Dance

Social for girls of all ages with their fathers, grandfathers, uncles and other guardians. Everyone is welcome to attend with their daughters to the Daddy/Daughter Dance. 5:00pm – 7:00pm at Ottoson Middle School. \$5 per ticket. Tickets on sale after February 1.

Ed Burns Arena Ice Skating Rink

The Ed Burns Arena Skating Rink is a newly renovated indoor ice facility located at 422 Summer Street in Arlington. The facility includes a regulation size rink of 85 x197-feet with spectator seating for 1,000 people. Complete snack bar service (hours vary) and vending machines are available in the main lobby, along with skate rental and sharpening services. Team rooms are provided for those renting ice time. The Ed Burns Arena Skating Rink is open to the public during the months of August through April. The rink is a great place to host a school field trip or birthday party. For rental or event information, contact Dave Cunningham, Facilities Manager at 781-316-3882.



Photo by Bonnie Walsh

Public Skating Schedule

Dates: September 10 – April (Final date to be determined)

Admission: \$4 children (16 & under) & seniors; \$6 adults
Special Friday Afternoon (1:45pm – 3:45pm) Rate:
\$1 Children, \$3 adults

Skate Rentals: \$75 per pair

Skate Sharpening: \$7 per pair

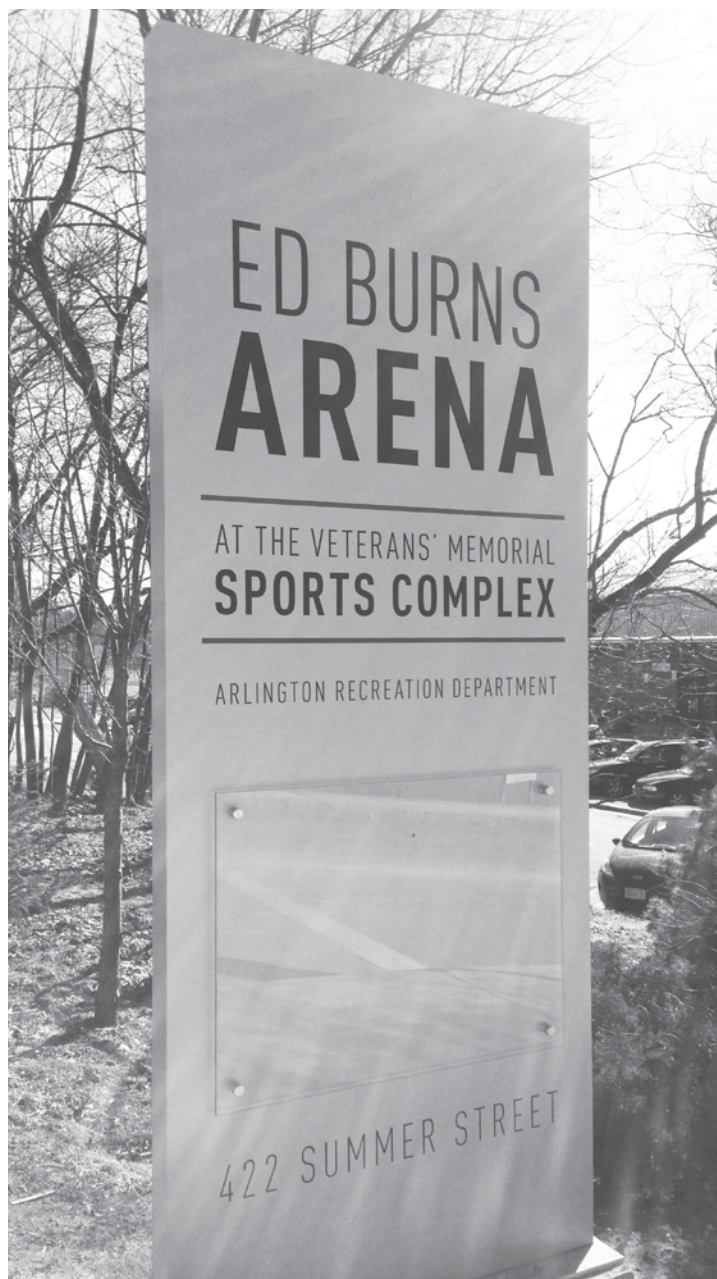
| | |
|-----------------------|---|
| Times: Mondays | 12:00pm – 1:50pm |
| Thursdays | 9:00am – 10:50am |
| Fridays | 11:00am – 12:50pm; 1:45pm – 3:45pm* 7:15pm – 9:15pm * (special Friday rate \$1/child, \$3/adult); |
| Saturdays | 4:00pm – 5:50pm |
| Sunday; | 9:30am – 11:30am; 2:00pm – 4:00pm |

*Dates and times are subject to change. Please check our website
www.arlingtonrec.com for Holiday and Public skating times*

Special Public Skates

| | |
|------------------------|--|
| Monday, August 15 | 12:30pm – 2:30pm |
| Wednesday, August 17 | 12:30pm – 2:30pm |
| Friday, August 19 | 12:30pm – 2:30pm |
| Monday, August 22 | 12:30pm – 2:30pm |
| Wednesday, August 24 | 12:30pm – 2:30pm |
| Friday, August 26 | 12:30pm – 2:30pm |
| Monday, August 29 | 9:00am – 11:00am |
| Wednesday, August 31 | 9:00am – 11:00am |
| Tuesday, September 13 | 2:00pm – 4:00pm (Special \$1 entry fee) |
| Tuesday, September 20 | 2:00pm – 4:00pm (Special \$1 entry fee) |
| Tuesday, September 27 | 2:00pm – 4:00pm (Special \$1 entry fee) |
| Tuesday, October 4 | 2:00pm – 4:00pm (Special \$1 entry fee) |
| Tuesday, October 11 | 2:00pm – 4:00pm (Special \$1 entry fee) |
| Wednesday, October 12 | 9:00am – 11:00am |
| Tuesday, October 18 | 2:00pm – 4:00pm (Special \$1 entry fee) |
| Tuesday, October 25 | 2:00pm – 4:00pm (Special \$1 entry fee) |
| Friday, October 28 | 2:00pm – 5:00pm Halloween Skate Wear a costume and get in FREE! |
| Tuesday, November 1 | 2:00pm – 4:00pm (Special \$1 entry fee) |
| Tuesday, November 8 | 2:00pm – 4:00pm (Special \$1 entry fee) |
| Tuesday, November 15 | 2:00pm – 4:00pm (Special \$1 entry fee) |
| Wednesday, November 23 | 1:00pm – 3:00pm Thanksgiving Skate – Music and Raffles |
| Sunday, December 18 | 2:00pm – 4:00pm: Holiday Bash with a DJ! |

Ed Burns Arena Ice Skating Rink



Discount & Gift Tickets Available

Public skating Gift passes are available for purchase at the Arlington Recreation Office or Sports Center. Purchasing a pass is economical! These passes also make great birthday gifts or stocking stuffers for friends and family. Individual Passes: \$4 child & senior; \$6 adult; 10-visit punch passes: \$36 child & senior; \$54 adult.

Skate Rentals & Sharpening

The Arlington Sports Center offers Skate Rentals for \$5 per pair & Sharpening for \$6 per pair or purchase a 10-punch pass and 11th service is FREE. Available during public skating, regular business hours, & by appointment.

Special Kid Stick and Puck

Kids require helmet with a cage. Adults require a helmet

| | |
|-----------------------|------------------|
| Tuesday, August 16 | 12:30pm – 2:30pm |
| Thursday, August 18 | 12:30pm – 2:30pm |
| Tuesday, August 23 | 12:30pm – 2:30pm |
| Thursday, August 25 | 12:30pm – 2:30pm |
| Tuesday, August 30 | 9:00am – 11:00am |
| Thursday, September 1 | 9:00am – 11:00am |
| Monday, October 3 | 9:00am – 11:00am |
| Monday, October 10 | 9:00am – 11:00am |
| Wednesday, October 12 | 12:00pm – 2:00pm |
| Tuesday, November 8 | 8:30am – 10:30am |
| Friday, November 11 | 9:00am – 10:50am |
| Friday, November 25 | 9:00am – 10:50am |

Men's Stick Practice

Ages: 18 years and up
Dates: Thursdays, starting September 8 (x 11/24, 12/29)
Time: 11:45am – 1:45pm **Cost:** \$10/day per person

Women's Stick Practice

Ages: 18 years and up
Dates: Fridays, starting September 9 (x 11/11, 11/25, 12/30)
Time: 9:00am – 10:50am **Cost:** \$10/day per person

All Star Skating

Date: Saturdays, December 10– February 4 (x 12/24, 12/31)
Time: 10:50am – 11:40am
Cost: \$95 (price does not include rentals)

Join Arlington Catholic coaches and hockey players for 50 minutes of supervised free skate time. Program is open to children with special needs from 6 years of age and up. Please note parents will not be allowed on the ice during instruction. Participants are required to provide their own single-blade skates or rent a pair for an additional charge. Helmets are required! Students are grouped according to age and ability. Participants must provide their own single-blade skates or may rent for \$5 per pair. Helmets are required for all skaters. Don't forget to dress warm...bring hats and gloves! All lessons held at the Ed Burns Arena Skating Rink at 422 Summer Street.

ICE RENTAL FEES

Call Dave Cunningham, Facility Supervisor at 781-316-3882 for complete details or an open ice-time schedule. Group rental fees: \$250 per 50-minute block, \$270 per 60 minute block.

Ice Skating Lessons

Tot Skate with Carol

Ages: 2.5 and up (with parent)

Dates: Tuesdays, November 15 – December 13,
January 3 – January 31, February 14 – March 21 (x2/21)

Time: 11:00am – 11:45am

Cost: \$99 per session. Skate rentals are available

Beginning ice skating made simple and fun! Introduce your child to the exciting sport of ice skating and explore ways to help your child while on the ice. Instructors emphasize proper balance and control. Helmets are required

Carol Rosenblith began skating as an adult and continues her training in ice dancing with Robert Rafuse. She is currently a member and registered coach with the Mt. Washington Valley Skating Club in Conway, NH and has been a USFS Basic Skills instructor for more than 10 years. Since November 2003, she has been a group instructor and coordinator with Bay State Skating School, teaching preschoolers through adults at rinks throughout the Boston metropolitan area.

Since 2008 she has also served as an instructor for the Franciscan Hospital Adaptive Skating Program for children with special needs, and over the last decade has also taught for the Weston Skating Club Basic Skills Program and for Learn-to-Skate programs at rinks in West Roxbury and Natick. A member of the Professional Skaters Association since 2004, she earned a PSA rating in group instruction in 2009.

Bay State Preschool Skate

Ages: 3 – 4 years

Time: 1:00pm – 1:25pm followed by 25-minute free skate with parent

Dates: Fridays, October 21 – November 18

Cost: \$120 (5-week session)

Dates: Fridays, December 2 – January 20 (x12/30)

Cost: \$144 (6-week session)

Dates: Fridays, January 27 – March 31 (x2/17, 2/24)

Cost: \$192 (8-week session)

Basic instruction and open skate for youth, without parents. Children will be taught how to stand up on skates, marching, dips, and forward skate. Participants are required to provide their own single-blade skates (rentals available). Helmets are required!

Advertise Your Business or Sponsor a Special Event!

There are yearly options available for businesses to advertise at the Ed Burns Arena. Options include banners, illuminated signage, Zamboni, scoreboard, and message board. If interested in advertising or to receive further information on available options, contact Dave at 781-316-3882.

Bay State Skating School Learn To Skate Program

Ages: 4 to 18 years

Wednesdays

Time: 3:00pm – 3:50pm

Dates: September 14 – October 12

Cost: \$120 (5-week session)

Dates: October 19 – November 23

Cost: \$144 (6-week session)

Dates: November 30 – January 18 (x12/28)

Cost: \$168 (7-week session)

Dates: January 25 – March 29 (x2/22)

Cost: \$216 (8-week session)

Saturdays

Time: 11:50am – 12:40pm

Dates: September 17 – October 15

Cost: \$120 (5-week session)

Dates: October 22 – November 26

Cost: \$144 (6-week session)

Dates: December 3 – January 21 (x12/24, 12/31)

Cost: \$144 (6-week session)

Dates: February 4 – March 25 (x2/25)

Cost: \$168 (7-week session)

Basic instruction and open skate for youth, without parents. Children will be taught how to balance on skates, falling and getting up, forward and backward skating, gliding, turns, edges, crossovers, spins & jumps.. Participants are required to provide their own single blade skates (rentals available). Helmets are required!

It's time to sharpen your blades for the coming winter season! Join Bay State Skate for skating fun. All teachers are professional ice skating instructors offering excellent classes for students ages 4 to 18. The program is structured in 25-minute lessons and 25-minute practice time each week. A coordinator is in attendance at all times. Students may wear figure skates or hockey skates. Bay State Skating School provides over 40 years of experience teaching lessons to the public! Participants are required to provide their own skates or rent a pair.

Adult Skating

Ages: 18 + years

Dates: Tuesdays, November 15 – December 13,
January 3 – January 31, February 14 – March 21 (x2/21)

Time: 12:00pm – 12:45pm

Cost: \$99 per 5-week session

You asked for it, we are delivering! Adult beginner skate lessons are now being offered. Adult skating is gaining popularity – join the fun! A great workout and a chance to meet other residents of Arlington and nearby communities! Helmets or other appropriate head protection such as "Ice Halos" are now required! See "Tot Skate with Carol" (above left) for more information on instructor Carol Rosenblith.



Sidekick Sports Academy Programs



Micelin Minutemen After-School Basketball Program

Grades: K – 2

Dates: September 19 – November 4

Where/Day:

Monday – Thompson Outdoor Court

Tuesday – Buzzell Outdoor Court

Time:

2:30pm – 3:30pm

1:30pm – 2:30pm

Grades: 3 – 5

Where/Day:

Thursday – Thompson Outdoor Court

Time:

2:30pm – 3:30pm

Grades: 3 – 8

Where/Day:

Wednesday – Summer St. Outdoor Court

Friday – AHS Outdoor Court

Time:

3:00pm – 4:00pm

3:00pm – 4:00pm

Cost: \$85

Micelin Minutemen “Dribble Pass Shoot” Saturday Program

Dates: September 17 – November 5

Where: AHS Outdoor Courts

Ages:

4 – 6 year olds

7 – 9 year olds

10 – 13 year olds

Time:

9:00am – 9:45am

10:00am – 11:00am

11:00am – 12:00pm

Cost: \$125

Led by Lucy Grande, USA Basketball Youth coach and former college player. These energetic sessions will provide children the opportunity to experience the highest standard of coaching in a fun environment. FREE shirt. More info: micelinminutemen.com

Micelin Minutemen “Dribble Pass Shoot” Sunday Program

Dates: September 18 – November 6

Where: AHS Outdoor Courts

Ages:

4 – 6 year olds

7 – 9 year olds

10 – 13 year olds

Time:

9:00am – 9:45am

10:00am – 11:00am

11:00am – 12:00pm

Cost: \$125

Led by Lucy Grande

Micelin Seminoles After-School Flag Football

Dates: September 19 – November 4

Grades: K – 5

Where/Day:

Brackett – Monday

Thompson – Tuesday

Dallin – Wednesday

Bishop – Friday

Time:

2:30pm – 3:30pm

1:00pm – 2:00pm

2:30pm – 3:30pm

2:30pm – 3:30pm

Grades: 6 – 8

Where/Day:

Ottoson – Thursday

Time:

2:30pm – 3:30pm

Cost: \$85

Led by Joanel Micelin, Jr. NFL coach and former NCAA D1 wide receiver. These energetic sessions will provide children the opportunity to experience the highest standard of coaching in a fun environment. FREE shirt. More info: micelinseminoles.com

Sidekick Soccer “Footy Fun Fitness” Saturday Program

Dates: September 17 – November 5

Where: Menotomy Rocks Park Green Space

Time:

9:00am – 9:45am

10:00am – 10:45am

11:00am – 11:45am

Ages:

2 – 3 year olds

3 – 4 year olds

4 – 6 year olds

Cost: \$125

Led by John Teves, a 10-year youth soccer professional who specializes in ages 2 – 6 and special needs children. These energetic sessions will provide children the opportunity to experience the highest standard of coaching in a fun environment. FREE shirt. More info: sidekicksocceracademy.com

Sidekick Soccer “Footy Fun Fitness” Sunday Program

Dates: September 18 – November 6

Where: Menotomy Rocks Park Green Space

Time:

9:00am – 9:45am

10:00am – 10:45am

11:00am – 11:45am

Ages:

2 – 3 year olds

3 – 4 year olds

4 – 6 year olds

Cost: \$125

Led by John Teves.

Sidekick Soccer “Kick with Care” Saturday Program

Dates: September 17 – November 5

Where: Menotomy Rocks Park

Time:

12:00pm – 1:00pm

1:00pm – 2:00pm

Ages:

5 – 16 (Kids)

17 – 60 (Adults)

Cost: \$125

Led by John Teves

Sidekick Soccer Academy After-School Program

Dates: September 19 – November 4

Grades: 3 – 5

Where/Day

Time:

Dallin – Tuesday

1:00pm – 2:00pm

Brckett – Wednesday

2:30pm – 3:30pm

Bishop – Thursday

2:30pm – 3:30pm

Thompson – Friday

2:30pm – 3:30pm

Grades: 6 – 8

Where/Day

Time:

Ottoson – Monday

2:30pm – 3:30pm

Cost: \$85

Led by Kristian Gonzalez, a 10-year youth soccer professional who specializes in children ages 7 – 13. These energetic sessions will provide children the opportunity to experience the highest standard of coaching in a fun environment. FREE shirt. More info: sidekicksocceracademy.com

SK Running Club “Run Jump Throw” After-School Program

Dates: September 19 – November 4

Grades: K – 5

Where/Day:

Time:

Dallin – Monday

2:30pm – 3:30pm

Brckett – Tuesday

1:00pm – 2:00pm

Bishop – Wednesday

2:30pm – 3:30pm

Thompson – Thursday

2:30pm – 3:30pm

Cost: \$85

Led by Nick Fofana, a USATF Certified Coach and National High School Champion (Decathlon). These energetic sessions will include races and fun competitions while at the same time the highest standard of coaching. FREE shirt. More info: skrunningclub.com

Sidekick Sports “Street Baseball” After-School Program

Dates: September 19 – November 4

Grades: K – 5

Where/Day:

Time:

Thompson – Monday

2:30pm – 3:30pm

Bishop – Tuesday

1:00pm – 2:00pm

Dallin – Thursday

2:30pm – 3:30pm

Brckett – Friday

2:30pm – 3:30pm

Grades: 6 – 8

Where/Day

Time:

Ottoson – Wednesday

2:30pm – 3:30pm

Cost: \$85

Led by Zach Rocha, NFHS Baseball coach, “Street Baseball” is played with a taped – up wiffle ball bat and a tennis ball. The ball is lobbed and is in play constantly. This is a bit of a throw-back version to baseball’s first rules in the 1860’s. Believe it or not, the game of baseball has slowed down since then. This version is fun and exciting! FREE shirt. More info: sidekicksportsacademy.com.

Fantasy Sports

Sidekick Illustrations English Premier League Draft

Minimum: One Child & one Parent

Date: Saturday, August 6

Time: 9:00am – 12:00pm

Where: Gibbs Gym

Cost: \$25/family

Led by Zach Rocha, director of Sidekick Soccer Academy. The integration of statistics and athletics has made professional sports both more engaging and educational. This draft will provide families the opportunity to compete in the community in a fun environment. FREE Shirt. Season-ending winner receives FREE Breakers or Revolution tickets! More info: sidekickillustrations.com

Sidekick Illustrations NFL Draft

Minimum: One child & one parent

Date: Saturday, September 3

Time: 9:00am – 12:00pm

Where: Gibbs Gym

Cost: \$25/family

Led by Joanel Michelin, director of Michelin Seminoles Flag Football. The integration of statistics and athletics has made professional sports both more engaging and educational. This draft will provide families the opportunity to compete in the community in a fun environment. FREE shirt. Season-ending winner receives NFL memorabilia! More info: sidekickillustrations.com

Sidekick Illustrations NBA Draft

Minimum: One child & one parent

Date: Saturday, October 22

Time: 9:00am – 12:00pm

Where: Gibbs Gym

Cost: \$25/family

Led by Joanel Michelin, director of Michelin Minutemen Basketball. The integration of statistics and athletics has made professional sports both more engaging and educational. This draft will provide families the opportunity to compete in the community in a fun environment. FREE shirt. Season-ending winner receives Celtics tickets! More info: sidekickillustrations.com

See Your Child in the Arlington Recreation Department Program



The Arlington Recreation Department invites you to submit photographs at any time to be considered for use in our programs. All submissions should be in color and cover photos should be high-resolution. Please mail your submissions to stevemoniak@lightingdesign.net or recoffice@town.arlington.ma.us

Toddler and Youth Programs

Viking Sports T-Ball Clinics

Ages: 3 – 5 years
Dates: Mondays, September 19 – October 17 (x10/10)
Time: 3:15pm – 4:15pm
Where: McClennen Park
Cost: \$68 for 4 weeks

Join the Viking Sport Staff for this fun program, which will introduce children to catching, throwing, batting, running bases, and fielding. All players will hit and run the bases each inning – there will be no outs. Coaches will pitch, and batting tees will be used if necessary. We will use soft, safe baseballs. Please bring a glove and a water bottle. All players will receive a Viking Sports T-shirt.

Challenger Soccer Mini Kickers

Ages: 2 – 5 years
Dates: Sundays, September 18 – October 23 (x10/11)
Where: Menotomy Rocks Park Green Space
Time: 4:30 – 5:30pm **Cost:** \$90 per child

MiniKickers is a NEW and EXCITING program focusing on the development of children aged 2 – 5 years old. Our soccer experts and child development professionals have designed an innovative curriculum that introduces your young soccer stars to the basic skills needed in soccer as well as developing their motor, social, and psychological skills. Our British coaches are experts at working with young children and will combine soccer with fun games; stories and music that keeps your children entertained and enthused to return next week. Come join our Cubs and Lions Program and join Lenny The Lion as you learn our MiniKickers theme song!

Little Dragons Karate

Ages: 3 & 4
Dates: Fridays, September 9 – December 9 (x11/11, 11/25), January 6 – April 7 (x2/24)
Time: 4:45pm – 5:15pm
Where: Brackett School
Cost: \$295 per 12-class session



Little Ninjas Karate

Ages: 5 – 7 years
Dates: Fridays, September 9 – December 9 (x11/25), January 6 – April 7 (x2/24)
Time: 5:15pm – 6:00pm
Ages: 8 – 12 years
Dates: Fridays, September 9 – December 9 (x11/25), January 6 – April 7 (x2/24)
Time: 6:00pm – 6:45pm
Where: Brackett School
Cost: \$320 per 13-class session



One of the best karate programs in the country taught by four-time world champion Steve Nugent. These classes teach proper stances, breathing, stretching, discipline, confidence and practical self-defense. This class also underlines the importance of nutrition, exercise, fire safety and stranger awareness. All uniforms are included in the class fee.

School Vacation Programs

Kids Care Vacation Week Programs

Grades: K – 5
When: Monday, December 26 – Friday, December 30
Tuesday, February 20 – Friday, February 24
Time: 8:00am – 6:00pm
Where: Gibbs Gym
Cost: \$70 per day and individuals can sign up for as many days as they like.

Join us for an expansion of our successful after-school program. This fun program is open to all. Each day will have its own different special activity planned. A detailed schedule will be available online in October.

Viking Sports – Multi Sport

Grades: 1 – 5
Dates: Monday – Friday, December 26 – 30
Tuesday – Friday, February 20 – 24
9:00am – 3:00pm
Where: Ottoson Gymnasium
Cost: December session \$195; February session \$160

The philosophy at all Viking programs is safety, good sportsmanship, and fun. Multi Sports clinic includes: soccer, basketball, baseball/t-ball, flag football, kickball, floor hockey, wiffle ball, capture the flag, and many other sports and games! All coaches are carefully selected based on their enthusiasm, professionalism, and experience.

Super Soccer Stars

At Super Soccer Stars, it is our goal to teach soccer skills in a fun, non-competitive, educational environment. Our philosophy is to use soccer to nurture, to build self-confidence, and to develop teamwork in every class. Our specially designed curricula use positive reinforcement and a low child-to-coach ratio to ensure that each child improves at his or her own rate while having endless fun.

Fall 2016 Sessions

Mondays (7-week session)

Dates: September 5 – October 24 (x10/10)
Time: 9:30am – 10:10am **Ages:** 2 – 3 year olds
 10:15am – 11:00am 3 – young 4 year olds
Where: Poets Corner
Cost: \$172

Wednesdays (9-week session)

Dates: September 7 – November 2
Time: 3:30pm – 4:15pm
 4:20pm - 5:10pm
 5:15pm - 6:15pm
Where: Menotomy Rocks Park Green Space
Cost: \$220

Thursdays (9-week session)

Dates: September 8 –November 3

Time: 9:30am – 10:10am **Ages:** 2 – 3 year olds
10:15am - 11:00am 3 - young 4 year olds
3:30pm - 4:15pm 3 - young 4 year olds
4:20pm - 5:20pm 5 - 7 year olds

Where: 9:30am and 10:15am – Poets Corner
3:30pm and 4:20pm – Menotomy Rocks Park Green Space

Cost: \$220

Fridays (9-week session)

Dates: September 9 – November 4
Time: 9:30am – 10:10am **Ages:** 2 – 3 year olds
 10:15am – 11:00am 3 – Young 4 year olds
Where: Poets Corner
Cost: \$220

Sundays (7-week session)

Dates: September 11 – October 30 (x10/9)
Time: 8:15am – 8:55am **Ages:** 12 – 24 month olds
 9:00am – 9:40am 2 – 3 year olds
 9:45am – 10:35am older 4 – 5 year olds
 10:40am – 11:25am 3 – young 4 year olds
 11:30am – 12:30pm 5 – 7 year olds
 12:35pm – 1:35pm 8-12 year olds
Where: Poets Corner
Cost: \$196

Super Soccer Stars - Fall Holiday Clinics

Labor Day Clinic

Date: Monday, September 5 **Where:** Hills Hill
Ages: 3 – 5 year olds **Time:** 9:00 – 11:30am
Cost: \$85

Columbus Day Clinic

Date: Monday, October 10 **Where:** Hills Hill
Ages: 3 – 5 year olds **Time:** 9:00 – 11:30am
Cost: \$85

Veterans Day Clinic

Date: Friday, November 11 **Where:** Hills Hill
Ages: 3 – 5 **Time:** 9:00 – 11:30am
Cost: \$85

Winter 2017 Sessions

Sundays (6-week session)

| | | |
|---------------|-----------------------------------|-----------------------------|
| Dates: | November 6 – December 18 (x11/27) | |
| Time: | 8:15am – 8:55am | Ages: 12 – 24 months |
| | 9:00am – 9:40am | 2 – 3 years olds |
| | 9:45am – 10:35am | Older 4 – 5 year olds |
| | 10:40am – 11:25am | 3 – Young 4 year olds |
| | 11:30am – 12:30pm | 5 – 7 year olds |
| | 12:35pm – 1:35pm | 8 – 12 year olds |
| Where: | Gibbs Gym | Cost: \$147 |

Super Soccer Star Birthday Party at the Gibbs

Whether your child is a soccer expert or an enthusiastic beginner, let Super Soccer Stars turn your child's birthday into an unforgettable soccer extravaganza! With two party packages and multiple Wheres throughout the Boston area to choose from, we are sure to have something to fit your every need.

Super Soccer Stars birthday parties include a full hour of fun, age-appropriate soccer activities that can even be adapted into other exciting themes, such as superheroes, princesses, or anything that your child can imagine! After the soccer fun, the kids will sit down to eat food and cake, sing, and celebrate your child's big day. Our two packages are:

Kick-Off Package: 90-minute party, 60 minutes of soccer, 30 minutes for food and cake (food and cake not included), soccer equipment, coaching and activities.
Cost: \$345 for 10 kids; \$15 each additional child

Super Soccer Stars Package: 90-minute party, 60 minutes of soccer, 30 minutes for food and cake (food and cake not included), soccer equipment, coaching and activities, soccer ball party favor

Cost: \$445 for 10 kids; \$25 each additional child

Youth Programs

Sports Zone 101

Grades: 1-5

Dates: Tuesdays, 9/13 – 10/18

Times: 1:00-2:30pm

Where: Brackett School

Cost: \$100

Each program begins with a recap of what's happening in the professional sports world. After our brief discussion, we play a variety of games including: dodgeball, street hockey, basketball, whiffleball, football, basketball, etc. At the conclusion of each class, all participants select a pack of sports cards to take home.

Visit www.sportszone101.com for even more information!

Babysitting Training with Safety 911

Grades: 5 – 8

Dates: Monday – Thursday, January 9 – January 12

Time: 3:00pm – 4:30pm

Where: Ottoson Middle School – Room 232

Cost: \$125 per 4-day session

The Babysitter's Training is a course designed for those interested in becoming responsible babysitters. Students learn: characteristics of children, basic care such as feeding, changing and holding, supervising and playing with children, accident prevention, proper emergency response, basic first aid for common injuries and illnesses. Students receive appropriate certifications from Safety 911.

Mass Youth Soccer Winter Skills Clinic

Age Groups: Boys and Girls Grades 1 – 6

Dates: Session 1, Mondays, January 23 – February 13
Session 2, Monday, February 27 – March 20

Times: Grades 1 – 2 5:30pm – 6:30pm
Grades 3 – 4 6:30pm – 7:30pm
Grades 5 – 6 7:30pm – 8:30pm

Where: Ottoson Middle School

Cost: \$75 per person

Are you looking for a local opportunity to improve your soccer skills over the winter? The Arlington Soccer Club and Arlington Rec are partnering with Mass Youth Soccer to provide you with an opportunity to develop your technical skills and speed of play. The sessions will be dynamic and fast-paced and will cover all areas of technical development, and they will be fun!

The sessions will be run by members of the Mass Youth Soccer State Instructional Coaches, many of whom hold a US Soccer A or B license. Space is limited so register early! Though program is offered in conjunction with Arlington Soccer Club, please register through the Arlington Recreation Department.

Field Hockey FUNdamentals

Grades: 1 – 5

Dates: Tuesdays 9/13, 9/20, 9/27, 10/4

Times: 1:45pm – 2:30pm

Where: Summer St. Field

Cost: Free (advanced registration required)

Come learn the sport of field hockey! No need to buy your own stick, we have one that you can borrow each session. We'll play fun games while learning some basic field hockey skills. This program is co-ed.

Arlington Recreation Fencing Program

Dates: Thursdays

Session 1: September 15 – November 3

Session 2: November 10 – January 12 (x11/24, 12/29)

Session 3: January 19 – March 16 (x2/23)

Session 4: March 23 – May 18 (x4/20)

Times: 6:00pm – 7:15pm Beginner – Intermediate
Ages 7 and above

7:15pm – 8:30pm Beginner – Advanced
Ages 12 and above

7:15pm – 8:30pm
Beginner - Advanced for Adults

Where: Gibbs Gymnasium

Cost: \$200 fee per eight-week session includes recreational membership in United States Fencing Association.



Come learn the exciting sport of fencing! Often called a physical game of chess, fencing develops endurance, coordination, agility, poise and balance. While fencing is a physical sport, it is also a mental game requiring concentration, quick decision-making and problem-solving.

It's an ideal activity for people of all ages and sizes.

Equipment is provided for the first eight-week session one participates in.

Clothing Requirements: Track or sweat pants (no shorts! jeans are safe, but not comfortable.) T-shirt, or other lightweight top. (You're going to be putting on a fencing jacket.) Shoes should be sneakers, tennis, racquetball, indoor soccer or similar shoes. No sandals, crocs, heels, boots or dress shoes.) Glove, such as garden glove, baseball hitting glove or something similar for dominant hand. These requirements are all for your safety!

For more information, contact Michael at 978-210-2711 or michael@nefencing.com.

Archery

Ages: 9 – 18

Dates: Mondays, September 19 – October 24 (x10/10)

Time: 3:15pm – 4:45pm

Where: Menotomy Rocks Park

Cost: \$135

During this five-week program participants will learn to shoot a bow and arrow with Archery USA in the Junior Olympic archery development program. Classes are taught by a certified archery instructor. All equipment is provided. Students will progress at their own pace. Space is limited!!

Micelin Seminoles Flag Football

Dates: Sundays (6-week session), September 17 - November 5

| | |
|------------------------------|-------------------------------|
| Time: 4:30pm - 5:15pm | Ages: 2 - 6 years olds |
| 5:30pm – 6:15pm | 7 – 9 year olds |
| 6:30pm – 7:15pm | 10 - 13 year olds |

Where: Peirce Turf Field

Cost: \$125

Led by Joanel Micelin, Jr., NFL coach and former NCAA D1 wide receiver. These energetic sessions will provide children the opportunity to experience the highest standard of coaching in a fun environment. FREE tshirt. *More info: micelinseminoles.com*

Boys Lacrosse Late Winter 2016

Grades: 1 – 8

Dates: Monday, Wednesday, Friday March 6, 8, 10

Time: 6:15pm – 7:45pm

Where: HS Red Gymnasium

Cost: \$75 for 3 sessions

Join AHS Varsity Boys Lacrosse Coach, Mike Maggio to learn the sport of lacrosse or improve your skills before the upcoming season! The Winter Clinic is designed to give new and existing players the opportunity to develop skills through various structured activities including catch-and-throw and ground ball shuttles, cradling, dodging, defense, shooting, and open scrimmage.

Girls Lacrosse Late Winter 2016

Grades: 1 – 8

Dates: Monday, Wednesday, Friday March 6, 8, 10

Time: 4:30pm – 6:00pm

Where: AHS Red Gymnasium

Cost: \$75 for 3 sessions

Learn the sport of lacrosse or improve your skills before the upcoming season! The Winter Clinic is designed to give new and existing players the opportunity to develop skills through various structured activities including catch-and-throw and ground ball shuttles, cradling, dodging, defense, shooting, and open scrimmage.



Fourth Year of the League...Get in on the Fun!

2016 – 2017 Arlington Youth Futsal League

Sponsored by Arlington Recreation with support from the Arlington Soccer Club

Ages: Kindergarten U-8, U-10, U-12, U-14 Divisions to host both boys and girls teams if numbers allow

Dates: Session 1: Saturdays, December 10, 2016 – February 4, 2017 (x12/24, 12/31)
Session 1 Registration Deadline: November 28, 2016
Session 2: Saturdays, February 11 – March 31, 2016 (x2/25)
Session 2 Registration Deadline: January 30, 2017

Free Futsal Clinic on Saturday, December 3, 2016 which will be open to all who have registered!

Times: Times will range from 8:00am to 6:00pm on Saturdays. Schedule will be available once the number of teams is finalized. Younger divisions tend to play in the morning, older divisions in the afternoon.

Cost: \$75 per player per Session

Please have players register individually and then coaches can send their team rosters to ecampbell@town.arlington.ma.us. We will not save spots for players on teams even if the coach sends in their name, they must register by the deadline. **Coaches must be open to taking additional players if they register a team with fewer than 10 players.**

Futsal in New England has experienced a tremendous growth during the past few years! Futsal has finally been recognized as the sport that best fosters the development of soccer players at a very fast pace. Arlington Recreation and the Arlington Soccer Club are once again teaming up to offer this fast-paced, fast growing sport in the Town of Arlington.

Don't miss out on this great opportunity to sharpen your skills this off-season. Please note that the level of play will be novice to moderate travel team play. This will not be a premier select team league. Arlington Recreation will supply team shirts, practice and game balls.

Arlington Recreation will work with the Wolves Futsal Club who will help coordinate the clinics for players and coaches and will supply referees weekly. Individuals should be prepared to play with proper footwear (indoor soccer shoes preferred) and shin guards.

Ottoson Middle School Sports & Activities

Ottoson Middle School Spy Ponder Field Hockey Team

Grades: 6 – 8

Dates: Tues & Thurs Starting September 15-October 20
(x10/11, 10/13)

Time: 2:45pm – 4:00pm

Where: Summer Street Field

Cost: \$95

The Ottoson Middle School Field Hockey Team is back! The team will practice two days a week after school and have a few games scheduled throughout the season. Participants will get a uniform and buses will be provided for away games. Coach is Erin Campbell, Varsity Field Hockey Coach at Wheelock College. No field hockey experience necessary.

Ottoson Middle School Spy Ponder Football 2014 Eastern Mass Conference Champions

Cost: \$325

Once a player reaches the SPMSFB, he will be coached by the Spy Ponder football MSFB staff and other local staff. SPMSFB players are responsible for equipment. Ages 13 – 14, (JV – V), or in 7th and 8th grade will fall under the Spy Ponder Middle School Football Program.

Practices start in August. Game dates will be announced once they are set. Home games will be played at McClennen Field. To register and for more downloadable information about the program please visit www.arlingtonrec.com.

Ottoson Middle School Co-ed Ultimate Frisbee Team

Grades: 6 - 8

Dates: Fridays 9/16-11/4

Time: 2:30pm – 4:00pm

Where: Ottoson Upper Field

Cost: \$75

The Arlington Ultimate Club, in cooperation with Arlington Recreation, is excited to offer a Fall Co-ed Ultimate Frisbee program at the middle school level. The focus of the program will be on skill development, sportsmanship and Spirit of the Game - the foundation of Ultimate which places the responsibility of fair play on every member of the team. No previous experience required.

Ultimate is one of the fastest growing sports in the world today, and was recently recognized by the International Olympics Committee. For more information about Ultimate, visit www.usultimate.org/rules/

Ottoson Middle School Spy Ponder Basketball Grades 6-8

Please see competitive travel basketball information on page 14.

*Looking for
an Inclement
Weather
Location?*

*Need A
Space To
Hold Your
Next Event?*

Consider Renting the Gibbs Gymnasium!

Arlington Recreation rents the Gibbs Gymnasium to the public. Facility is open Monday – Saturday, 6:00pm – 10:00pm, Sunday 1:00pm – 5:00pm.

Single-Use or Long-Term options available!
Rental Fee for each space is \$50 per hour.

***For complete details or to book
your space, call Arlington Recreation
at 781-316-3884.***

Youth Basketball Programs

Danielle Robinson's Weekend Co-ed Clinic

Dates: Saturday & Sunday, August 27 & 28

Session 1: Grades 2 – 4 10:00am – 12:00pm

Session 2: Grades 5 – 8 1:00pm – 3:00pm

Session 3: Grades 9 – 12 3:30pm – 5:30pm

Where: Gibbs Gym

Cost: \$55

Danielle Robinson's Late Summer Girls Basketball Clinic

Dates: Monday, August 29 – Friday, September 2

Session 1: Grades 2 – 4 9:00am – 11:00am

Session 2: Grades 5 – 8 11:00am – 1:00pm

Session 3: Grades 9 – 12 2:00pm – 4:00pm

Where: Gibbs Gym

Cost: \$155



Join 3x WNBA All-Star (2013-2015) and EuroLeague Champion (2015), Danielle Robinson, at this fun and exciting clinic before going back to school! Both beginner and experienced players are welcome to register. Danielle will be teaching basketball skills and techniques to the younger kids and more advanced skills and game play to the high school age participants.

The Friday sessions will be basketball for the first hour and autograph signing, question and answer, pictures, raffle and camper awards for the second hour. The last 30 minutes on Sunday will be autograph signing, question and answer, pictures, camper awards. Don't miss out – space is limited!

Arlington Girls Basketball Clinic

Grades: 1 – 5

Dates: Sundays, November 13 – December 18

Times: 4:00pm – 5:30pm

Where: AHS Gym

Cost: \$115 per participant

The Arlington High School Girls Basketball Clinic will emphasize fundamental instruction in small group sessions to improve the knowledge and skill of each player while providing an enjoyable learning experience, and providing life lessons in sportsmanship, leadership and self awareness. The program will be directed by Arlington girl's varsity basketball coach, Amanda Mortelette. Varsity players and other volunteers will assist with the program.

Competitive Travel Basketball 2016 – 2017 Season

Grades: 4 – 8

Tryout Dates: See detailed schedule below. Uniform fitting is the same night!

League Dates: Beginning the first week of December and ending approximately March 1, with practice beginning in November.

Where: Varies between: Ottoson Middle School, Brackett Elementary School, Arlington High School, and Peirce Elementary School for practices and home games.

Cost: \$445 per participant which includes a new uniform. All players must pre-register prior to try-outs online at www.arlingtonrec.com. A \$50 registration fee is charged at the time of registration. This fee will be deducted from your total invoice upon notification of team selection and refunded to you if you do not make a team.

Travel Basketball Tryout Schedule

All tryouts are week of September 19. Boys Grades 5 – 8 tryouts are Tuesday and Thursday. Girls 5 – 8 tryouts are Monday and Wednesday. Boy and Girls Grade 4 Try-outs are Friday.

| Grade/Gender | Tryout Times | Gym |
|---------------|-----------------|---------------|
| Grade 4 Boys | 6:00pm – 7:15pm | Ottoson Upper |
| Grade 5 Boys | 6:00pm – 7:15pm | Ottoson Lower |
| Grade 6 Boys | 7:15pm – 8:30pm | Ottoson Lower |
| Grade 7 Boys | 6:00pm – 7:15pm | Ottoson Upper |
| Grade 8 Boys | 7:15pm – 8:30pm | Ottoson Upper |
| Grade 4 Girls | 7:15pm – 8:30pm | Ottoson Upper |
| Grade 5 Girls | 6:00pm – 7:15pm | Ottoson Lower |
| Grade 6 Girls | 7:15pm – 8:30pm | Ottoson Lower |
| Grade 7 Girls | 6:00pm – 7:15pm | Ottoson Upper |
| Grade 8 Girls | 7:15pm – 8:30pm | Ottoson Upper |

These are a competitive, travel basketball teams. All interested participants must attend tryouts and advanced registration online is required. Coaches will notify players regarding the outcome of the tryout within one week of the last try-out. Once notified, participants must pay the balance for the before being allowed to participate in practices.

Each team will practice twice weekly at one of the following Wheres: Ottoson Middle School, Brackett Elementary School, Gibbs Gym, Arlington High School or Peirce School. Practices will not be held if school is canceled due to inclement weather and during school vacation weeks; however, individual coaches may opt to hold special practices during this time at alternate Wheres. Practices WILL BE held on early release days. Please remember that all schedules are subject to change and may occasionally be affected by special school activities and inclement weather. If you have questions or are unsure about your schedule, please contact your coach directly.

Fall Tennis Programs for Juniors & Adults

Run by Graham Community Tennis, LLC (formerly Gordon Graham Tennis, LLC)

September 6 – October 31, 2016

TENNIS...FUN for EVERYONE! Juniors and Adults will enjoy our top quality recreational tennis programs.

This is our eighth year running our community-based tennis program in Arlington and the number of participants just keeps growing! Arlington is fortunate to have some of the best tennis courts in the area, including six brand new ones at Spy Pond. So get out and enjoy this SPORT for a LIFETIME! And take some tennis classes to improve your skills so you will have even more FUN.



Both our Junior and Adult programs are under the administration of Gordon Graham, former Harvard women's tennis coach, AHS boys' coach, founder of The Tennis Camps at Harvard and former

women's tennis coach at the University at Albany (NY), Gordon will be present as much as possible.

The Junior programs will be overseen by Matt Siegel, long-time GCT Sr. Associate Director, AHS boys' tennis coach and USPTA-certified professional. The Adult Programs will be taught by Diego Gonsalvez, an experienced tennis pro and former NCCAA All-American player who taught for GCT this summer.



We in GCT pride ourselves in running programs that are SAFE, FUN and INSTRUCTIVE. Our tennis instruction is based on scientific principles. We believe in teaching strategy and tactics as well as

proper technique right from the start with our juniors and adults. Our staff is chosen for their ability to work well with children or adults in a positive, upbeat manner. And they are trained to be good tennis instructors in the GCT model.

All GCT programs will be run contingent upon having sufficient enrollment. Classes will be cancelled if weather is inclement, and no refunds will be given. However, we will offer make-up opportunities, or may even offer credit in extenuating circumstances.

Junior Tennis Programs

All Junior Program classes will be held at Spy Pond Tennis Courts, across the street from the Boys' & Girls' Club.

Beginner/ Advanced Beginner Saturday Programs

Ages: 5 – 6 year olds **Time:** 9:00am – 9:50am
7 – 9 year olds 10:00am – 10:50am
10 – 12 year olds 11:00am – 11:50am
Dates: Saturdays (8 sessions), September 10 – October 29
Cost: \$129

Beginner/Advanced-Beginner After-School Programs

Ages: 5 – 6 year olds **Time:** 3:00pm – 3:50pm.
7 – 9 year olds 4:00pm – 4:50pm
10– 12 year olds 5:00pm – 5:50pm
Dates: Tuesdays and/or Thursdays (8 or 16 sessions)
September 6 – October 27
Cost: \$129 for one day/week; \$239 for two days/week

Middle School Club Tennis After-School Programs

Grades: 6 – 8
Dates: Mondays and/or Wednesdays (8 or 16 sessions)
September 7 – October 31
Time: 4:45pm – 6:05pm
Cost: \$179 for one day/week; \$339 for two days/week

This program is structured to emphasize the “team” aspect of tennis. Whether players are preparing to make their high school tennis team, or just want to have a FUN social experience learning this great game...CLUB TENNIS is the way to go for this age group!! Added BONUS: they are taught by AHS boys' tennis coach Matt Siegel!

High School Club Tennis After-School Programs

Grades: 9 – 12
Dates: Mondays and/or Wednesdays (8 – 16 sessions)
September 7 – October 31
Time: 3:20pm – 4:40pm
Cost: \$179 for one day/week; \$339 for two days/week

This program also emphasizes the “team” aspect of tennis and is structured for players on their high school team, or trying to make their HS team. FUN!!! Taught by AHS boys' coach Matt Siegel!



Adult Tennis Programs

All the following are six-week programs starting September 14 and running through October 20. All Adult Program classes will be held at the Grove Street Courts, one block from Mass Ave,

Beginners

Days: Wednesdays **Time:** 8:00pm – 8:50pm
Cost: \$99

If you are just starting out and want a fun way to learn tennis quickly, we will teach you basic technique and strategies.

Advanced Beginners

Days: Thursdays **Time:** 7:00pm – 7:50pm
Cost: \$99

If you have played a bit and want to improve your technique and strategy, OR if you have not played for a long time...give this a try!

Intermediates/Advanced

Days: Thursdays **Time:** 8:00 to 8:50pm
Cost: \$99

If you have played for a few years and you want to learn better strategy, tactics and technique...we will help you ramp up your game!

Private, Semi-Private & Small Group Lessons

Can't find what you are looking for in our group programs? Or want to improve your game even faster? You may schedule lessons for ADULTS or JUNIORS with GCT staff members to fit your needs and schedule. These can be booked by contacting Gordon at: gordoncgraham@gmail.com.

Instructional Lessons:

Cost: \$65/hour for one person; \$75/hour for two people; \$85/hour for three; and \$95/hour for four.

Hitting Lessons:

Cost: \$45/hour for one person.

For specific tennis questions please contact Gordon Graham at gordoncgraham@gmail.com

Adult Programs



Maureen Nee Fitness Program: TRX® Boot Camp

Dates: Session 1: Monday, Wednesday and Friday, September 19 – October 28 (x10/10)

Session 2: Monday, Wednesday and Friday, January 9 – February 17 (x1/16)

Time: 5:45am – 6:30am

Where: Gibbs Gym

Cost: \$240

Sign up for the only Fall/Winter session for TRX Boot Camp. Class will meet Mondays, Wednesdays and Fridays at 5:45am at the Gibbs Gym. This class is a combination of cardiovascular drills to keep your heart healthy and TRX Suspension Trainer strength exercises to tone all your muscles! You can make the TRX exercises harder or easier just by changing your stance, body angle and speed. The class is appropriate for beginners and seasoned athletes alike. Class is limited to 20 participants. Bring a yoga mat and water to each class.

All sessions taught by Maureen Chagnon Nee, a certified group exercise instructor and personal trainer, and local triathlete.



Open Basketball

Ages: 18 & up

Dates: Every Tuesday starting October 25th

Time: 7:00pm – 9:00pm

Cost: \$10/day

Where: Hardy School Gymnasium

Winter Skiing: Ski and Snowboard Lessons at Nashoba Valley

The Learn to Ski Program provides ski or snowboard lessons, lift tickets and transportation to the Nashoba Valley Ski Area in Westford, MA.

Grades: 3 – 5

Dates: Four Tuesdays, January 3 – January 24

Time: 2:00pm – 6:30pm (times are approximate). Lessons are scheduled for 4:15pm.

Cost: \$275 per participant. Each week participants will have time for free ski before lessons begin.

Equipment Rental

There will be a mandatory fitting on Monday, December 7 from 5:30pm – 6:30pm in the lower level classroom of the Gibbs Gymnasium. Rentals are an additional \$90.00 for the season, checks payable the night of the fitting directly to Nashoba Valley. If you do not make this date, it will be necessary to go to Nashoba on your own before the first session for a private fitting. Helmets will also be sold at the fitting for \$60.

Transportation

Bus will meet at the Arlington Recreation Department. We will begin boarding at approximately 2:00pm. Return site will be the same. If a session needs to be canceled due to inclement weather, the session will be made up the following Tuesday.



Registration Note

Please note that registration numbers are limited and accepted on a first-come, first-serve basis.

Parent Volunteers

Parent volunteers are allowed to ski/snowboard for free, but must attend all four weeks of the program. Parent volunteers are assigned to same group for the entire program and are responsible for taking attendance, assisting with equipment rental, and chaperoning participants at Nashoba Valley. Parent volunteer spaces are limited. If you are interested in being a parent volunteer, please contact Arlington Recreation at 781-316-3880.



Host a Birthday Party at the Gibbs Gym!

Arlington Recreation will book birthday parties on Saturdays and Sundays throughout the year.

Birthday parties are in two-hour time blocks. Bouncy House rental available!

Great price: \$150 without Bouncy House, \$200 with Bouncy House!!

Birthday party packages available through Super Soccer Stars and Sports Zone 101 at an additional charge.

**For more information please call us at 781-316-3880
or email us at recoffice@town.arlington.ma.us**



Badminton at the Dallin School Gym

September 2016 to December 2016

Register for Badminton programs at elainegam@rcn.com

Badminton is a fast, fun, and social game that can be played and enjoyed by people of all ages. Even if you are new to badminton, you will quickly learn the basics and join others in exciting games. Indoor badminton is more fun, more exciting, and more energetic than the 'backyard badminton' that most Americans are familiar with. Shuttlecocks will be supplied. Some racquets will be available for use. Chauncy Liu will coach all sessions.

On Mondays there will be two sessions dedicated to "Just Families" from 6:20pm to 7:10pm and from 7:10pm to 8:00pm. "Monday Doubles" follows at 8:00pm to 9:50pm.

On Thursdays there will be one session dedicated to "Just Families" from 6:20pm to 7:10pm with one court dedicated to adults learning or returning to the game and four half-courts for family play. "Thursday Adult Club" follows at 8:00pm to 9:50pm.

Just Families on Monday

Who: Family groups.
Dates: September 12 – December TBD
Times: 6:20pm – 7:10pm and 7:10pm – 8:00pm
Cost: Half court \$220 for 13 weeks
Full court \$430 for 13 weeks
Single adult player \$110 for 13 weeks.

This session is structured for families to play with their children. Chauncy Liu will assist with playing techniques and join in family games with some coaching. This session is very popular and "Just Families" fills quickly.

Just Families and Basics on Thursday

Who: Family groups and adult players returning to the game.
Time: 6:20pm – 7:10pm
Dates: September 12 – December TBD
Cost: Half court \$220 for 13 weeks
Full court \$430 for 13 weeks
Single adult player \$110 for 13 weeks.

This session is structured for families to play with their children. One court is dedicated to adult players returning to the game. Chauncy Liu will assist with playing techniques and join in family games with some coaching. This session is very popular and fills quickly.

Doubles Court on Monday

Who: Youth or adult players with game-playing skills.
Dates: September 12 – December TBD
Time: 8:00pm – 9:50pm
Cost: \$115 for season; \$10 walk-in when space available.

Play is exclusively doubles, but there are not regular partnerships. Instead a 'Ladder System' is used to arrange even strength matches, as well as to diversify partnerships throughout the evening. Three courts are available. Chauncy Liu and other experienced players will be playing with the group and helping players to develop playing skills. Only 28 passes will be sold per season, so space is limited.

Adult Club Badminton on Thursday

Time: 7:10pm – 9:50pm
Who: Adult players with advanced game-playing skills.
Dates: September 8 – December TBD
Cost: \$150 for season; \$15 walk-in when space available.

WinRec Club Badminton on Tuesday

Time: 6:20pm – 9:50pm
Who: Only Adult players with Advanced playing skills.
Dates: September 13 – December TBD
Cost: \$170 for season; \$15 walk-in when space available.

Play is almost exclusively doubles, but there are not regular partnerships. Instead a 'Ladder System' is used to arrange even strength matches, as well as to diversify partnerships throughout the evening. Three courts are available. There is no coaching; however Chauncy Liu as well as other experienced players from the Winchester Club will be playing with the group.

Passes for all programs are available only by advanced sign-up via email at elainegam@rcn.com or email her with questions. Please include names & gender, address, phone, email, and experience on indoor wood courts in your emails. For more Badminton Club info, go to: <http://abc.wolffberg.net>



The Arlington Recreation Department Fall 2016 / Winter 2017 Program was designed and produced by

Lightning Design

www.lightningdesign.net

Community Organizations

ARLINGTON BABE RUTH

of ARLINGTON, MA

Arlington Babe Ruth Baseball Association (ABA)

www.Arlingtonbb.org

Arlington Babe Ruth Baseball Association is a non-profit organization that offers baseball to players between the ages 13 – 19. The program is designed to allow the players to learn and advance their baseball skills in an environment fair play and competition is encouraged, so as to advance them into mature young adults on and beyond the fields of baseball. Our spring program offers two levels of competitive play, so that any player of any skill has a place to play. We then move into the summer program with teams who play against some surrounding towns. The fall comes and we have teams who are made up of current and new players. It is a great transition for the recent Cal Ripken grads to get a taste of the “big diamond.” Games are against surrounding towns.

In addition to our base programs, we offer a more competitive AAU alternative at a cost that is generally less than other AAU programs. This AAU alternative allows players the opportunity to get more workouts and to play at a more competitive level against other AAU teams. Finally, we offer a program for our older kids (15-19) in the very competitive Middlesex League.



Arlington Hockey Club (AHC)

www.Arlingtonice.com

The Hockey Club offers a high quality, affordable opportunity for girls and boys to play hockey from ages 5 to High School. We provide age-appropriate and skill-appropriate player development and coaching and strive to build solid foundational skills as part of our travel, developmental and in-house programs, which enables us to have a strong, sustainable program year after year. Please visit Arlingtonice.com to learn more about playing hockey in Arlington.



Arlington Pop Warner

Arlington Pop Warner (APW)

leaguelineup.com/welcome.asp?url=arlingtonpw

Arlington Pop Warner football and cheer registration is open to all children ages 5 to 15 who live in Arlington and/or attend school in Arlington. Pop Warner football is the only nationally organized program that sets and enforces strict age and weight guidelines to promote player safety. There are no tryouts and everyone plays.

Pop Warner football and cheer programs teach fundamental values, skills and knowledge that young people will use throughout their lives.



Arlington Soccer Club (ASC)

www.arlingtonsoccerclub.com

The Arlington Soccer Club is a volunteer organization that provides an opportunity for the boys and girls of Arlington to learn, play and love the sport of soccer through individual skills development, fitness, teamwork, and sportsmanship.

We have 1,900 players, ranging in age from pre-K through high school, and over 300 coaches. We offer both a spring and fall season for players of all skill levels, ranging from the recreational to Division 1 players. We offer in town leagues for our younger players, pre-K through 4th grade. Our older teams participate in the BAYS soccer league and travel to other towns for games.

We also employ local referees to officiate our games, both youth and adult. For more details about the various programs we offer, or to register your child to play with our club, please visit our website at www.arlingtonsoccerclub.com.

If you have a specific question you can find email contact information for our board members on our website.

Community Organizations



Arlington Youth Lacrosse (AYL)

arlingtonlax.usl.la

Arlington Youth Lacrosse ("AYL") is a volunteer-based organization comprised of student-athletes, parents, coaches and supporters that provides opportunities for Arlington's boys and girls to learn about the game of lacrosse, to develop their skills through practice and competition, and to enjoy the camaraderie associated with team play. We welcome all comers regardless of skill level or experience, and offer in-town and travel-based spring programs for students ranging from first grade through eighth grade.

Arlington Girls Lacrosse ("AGLAX") has recently joined forces with Arlington Youth Lacrosse (historically the boys lacrosse program) to form a unified lacrosse organization for the town of Arlington. We are excited to bring together these two organizations that have fostered the incredible expansion of lacrosse in Arlington, and we look forward to providing an ever-growing number of our youth with opportunities to learn and participate in the fastest growing sport in the country.



Arlington Youth Baseball and Softball (Little League)

aybsaonline.org

The Arlington Youth Baseball and Softball Association is a non-profit organization for Arlington children who enjoy the game of baseball, centered on the ideals of good sportsmanship, honesty, loyalty, courage and respect.

Our program offers spring, summer and fall baseball and softball programs to 1,100 kids from ages 5 to 14 years old. The League is intended to teach basic skills including throwing, hitting, catching flies, fielding grounders, and base running. We also offer umpire opportunities to our graduating players 12 years of age or older.

For more details about the various programs we offer, or to register your child to play, please visit our website. If you have a specific question you can find email contact information for our board members on our website.



Arlington Town Tennis Association

www.attatennis.org

Do you play tennis? Would you like to meet others who play tennis? Visit our web site to learn more about the Arlington Town Tennis Association (ATTA) and become a member. You do not need to be a member to sign up for the ATTA newsletter, or events. ATTA is a great way to meet others who play tennis.

Visit www.attatennis.org to sign up for updates as well as the ATTA newsletter.



Arlington Parks, Fields, & Facilities

Sign up online for field closing notices at www.arlingtonma.gov

To request the use of a field or park for special event or outing, please submit a field permit request to Recreation Supervisor, Erin Campbell at ECampbell@town.arlington.ma.us. Downloadable permit forms can be found at www.arlingtonma.gov; click on "Recreation Department," "Parks and Recreation Forms."

Bishop Field: Located at Bishop School on 25 Columbia Road. Park has a softball/little league field, open field area used for soccer, hardtop basketball area, and a playground. Parking available.

Brackett School: 66 Eastern Avenue. Area has a playground and a hardtop basketball area. On-street parking available.

Buck Field: 422 Summer Street. Field is located on the right of Arlington Sports Center (Rink). Park has a softball/little league field, access to bike path. Parking available.

Buzzell Field: 29 Summer Street. Area has two little league/softball fields (Buzzell 1 – near Summer Street, Buzzell 2 – near bikeway), a playground, picnic tables, a basketball court, and access to bike path. On-street parking available.

Crosby School/Tennis Courts: On Winter Street about 1/2 way down. Area has a medium size green space used for soccer and a playground. Limited on-street parking available.

Cutter School: Park is located between Robbins Road and School Street. Area has a playground.

Ed Burns Arena: Located at 422 Summer Street. An indoor ice facility, regulation size rink, spectator seating for 1,085 people, complete snack bar and vending machines, skate rentals and sharpening. Open September through April. Parking available.

Florence Field: Located at Dallin School: 185 Florence Avenue. Area has a little league/softball field, a large open green space for soccer/lacrosse, a playground, and a small basketball area. On-street parking is available.

Gibbs Gym: 41 Foster Street off Mass Ave. Area has two playgrounds available to the public (after 6pm on weekdays) and a basketball court. Parking available.

The Great Meadows: Area is owned by the Town of Arlington. It is located between two schools, the Waldorf School of Lexington and Lexington Christian Academy off of Lowell Street. Area has walking trails in Arlington and Lexington.

Hibbert Playground: Hibbert Street. Area has a small playground.

Hill's Hill: 422 Summer Street on the far right of Arlington Sports Center (behind Buck Field). Open field for various sports or activities, with access to bike path, and has a playground. Parking available.

Hurd/Reservoir: Located on Drake Road behind Trader Joes and Walgreen's in the Heights. Area has two softball/little league fields, large open field used for soccer, access to bike path and the Reservoir. Parking available on Mass Ave, Drake Road.

Locke School Playground: David Road behind the Locke School condos.

Lussiano Field: North Union Street near Thompson School. Area has a playground, a basketball court, three picnic tables, one basketball court, one softball/little league field, one baseball field, and a big open field used for soccer. Seasonal spray pool area open from June to August. Parking available.

Magnolia: On Herbert St./Magnolia St. Area has a playground, a basketball court, a large open field that is used for soccer and lacrosse, community gardens area, and access to the bike path. Very limited parking available.

McClennen Park: Located on Summer St. (Rte. 2A) across from Palmer's Garage, Lexington line. Area has playground, skate boarding ramps, walking trail, two soccer fields, and one little league field. Parking is available.

Menotomy Rocks Park: Jason Street main entrance. Area has two open green spaces, a picnic area, playground, walking trails and fishing. On-street parking available.

Ottoson Middle School: 630 Acton Street. Take left after Saint Athanasius the Great Greek Orthodox Church (formerly Saint James Church) on to Appleton and left on Acton St. Area has a softball/little league field in back and practice area in front. Parking available.

Parallel Park: Medford Street and Parallel Street. Area has a playground, basketball court and green space. No parking available.

Parmenter Park: 17 Irving Street. Area has a playground and a basketball court. No parking available.

Peirce School: 85 Park Avenue Extension. Area has a playground, a basketball court, and green space. Parking available after 3:00pm.

Poet's Corner: 175 Dow Ave. Off Route 2 service drive and Dow Ave. Area has a playground, softball/little league field, basketball courts, and tennis courts.

Reservoir Beach: Parking off of Lowell Street. Seasonal beach, playground, concession stand. Walking path year round.

Robbins Farm: 166 Eastern Ave. Off Park Ave in the Heights. Turn left onto Eastern Ave. across from Brackett School. Area has a baseball diamond, large green space area used for soccer, a playground, summer-time movies in the park, and a 4th of July celebration. On-street parking available.

Robbins Library: 700 Mass Ave. Area has a playground and a small green space. Parking available.

Scannell: Field Mass Ave. towards Cambridge. Go past Walgreen's. Take a right after the set of lights onto Linwood St. Area has a softball/little league field, access to the bike path and stands to watch athletic activities.

Spy Pond Field: 66 Pond Lane. Overlooking the Boy's and Girl's Club. Area has a baseball diamond, little league field, stands to watch athletic activities, a large open field used for soccer, five tennis courts and a tennis mini-court.

Spy Pond Park: Located on the North shore of Spy Pond off Pond Lane. The area has a playground, boat ramp and access to the bike path.

Stratton School: 180 Mountain Ave. Area has a playground, hardtop for basketball, and a small green space. Parking available after 3:00pm.

Summer Street: 422 Summer St. on the left of the Sports Center (rink) on the corner of Forest St. Area has a playground, a basketball court, a baseball diamond, a large open field used for field hockey, and access to the bike path. Parking available.

Thorndike Field: 99 Margaret St. Take Lake St. Off of Mass Ave. Go past Hardy School and take left onto Margaret Street all the way to the end. Area has a large field for soccer and lacrosse, Off Leash Dog Area, and access to the bike path. Parking available.

Turkey Hill: Access from Dodge Street. Passive recreation area and trails.

W. A. Peirce Turf Field: 869 Mass Ave. Behind Arlington High School. A newly-renovated turf field, new six-lane track, one baseball field, one softball/little league field, one multi-purpose practice field, and two basketball courts.

Waldo Park: Teal Street. Area has playground, basketball court and small open area for play.

Wellington Park: Grove Street across from DPW Garage. Area has tennis courts, climbing wall and passive recreation area.

Whittemore Robbins House: 700 Mass Ave. Turn into the Robbins Library parking lot and follow drive. Area has a playground and a small green space. Parking available.

Meet the Recreation Department Staff

Jim Feeney
Interim Director of Recreation

Erin Campbell
Program Supervisor

Maria Day
Administrative Assistant

Linda Kirchner
Administrative Assistant

Dave Cunningham
Facility Supervisor

Mark Linskey
Maintenance Craftsman

Parks & Recreation Commission

Jen Rothenberg
Chairperson

Shirley Canniff
Vice Chairperson

Leslie Mayer

Don Vitters

Elena Bartholomew

Peter Hedlund
Associate Member

Crissy Tarantino
Associate Member

Recreation Department Phone Numbers

Main Number:
781-316-3880

Fax Number:
781-641-5495

Ice Rink:
781-316-3887

Mission Statement

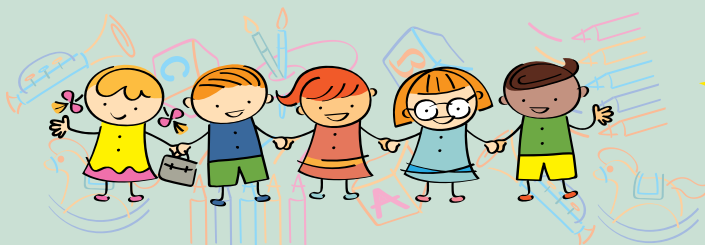
Arlington Recreation, a self-sustaining Division of the Town, offers safe, quality and affordable programs and facilities for citizens of all ages and abilities. Our staff members are qualified professionals, dedicated to serving the community with excellence and pride.

Registration Form

| | | | |
|--|---------|-----------------|-----|
| Participant's Name: | | Grade & School: | |
| Address: | | City, Zip: | |
| Home Phone: | M / F | DOB: | |
| Allergies/Medications/Limitations?: | | | |
| PARENT/GUARDIAN INFORMATION | | | |
| Guardian: | | Cell Phone: | |
| Business Phone: | | Email: | |
| EMERGENCY INFORMATION | | | |
| Name: Phone: | | | |
| PROGRAM REGISTRATION SECTION | | | |
| CLASS | SESSION | TIME | FEE |
| 1. | | | |
| 2. | | | |
| 3. | | | |
| <p>I, the undersigned parent/guardian of _____, a minor, do hereby consent to my child's participation in voluntary athletic or recreation programs of the Town of Arlington Recreation Division. I also agree to forever release the Town of Arlington, Arlington Recreation, and all their employees, contractual agents, commission members, volunteers and any and all individuals and organizations assisting or participating in voluntary athletic or recreation programs of the Town of Arlington-Recreation Division ("the Releases") from any and all claims, rights of action and causes of action that may have arisen in the past, or may arise in the future, directly or indirectly, from personal injuries to my child or property damage resulting from my child's participation in the Town of Arlington-Recreation Division's voluntary athletic or recreation programs. I also promise, to indemnify, defend, and hold harmless the Releases against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, arising from personal injuries to my child or property damage resulting from my child's participation in the Town of Arlington – Recreation Division's voluntary athletic or recreation programs. I further affirm that I have read this Consent and Release Form and that I understand the contents of this Form. I understand that my child's participation in these programs is voluntary and that my child and I are free to choose not to participate in said programs. By signing this Form, I affirm that I have decided to allow my child to participate in the Town of Arlington-Recreation Division's athletic and recreation programs with full knowledge that the Releases will not be liable to anyone for personal injuries and property damage my child or I may suffer in voluntary Arlington Recreation athletic or recreation programs.</p> <p>Emergency Medical Treatment: I hereby give the Arlington Recreation Program permission to administer basic First Aid, CPR, and necessary medication to my child _____ and/or take my child _____ to a hospital and secure medical treatment when I cannot be reached or when delay could be dangerous to my child's health.</p> <p>Allergies, Chronic Health Conditions: Allergies must also complete EAAP plan at the Recreation Dept office. Please list all of your child's allergies and/or chronic health conditions: _____</p> <p>SIGNATURE _____</p> <p>Credit Card Payment: MC/ VISA/DISCOVER: Card # _____</p> <p>EXP. _____ SIGNATURE _____ CVV# _____</p> <p><i>Please make checks payable to Arlington Recreation.</i> <i>Mail form to Arlington Recreation, 422 Summer Street, Arlington, MA 02474</i> <i>or fax to 781-641-5495</i></p> | | | |

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Arlington Recreation Kid Care Pre-School 2016-2017



**Call the office for
2016 – 2017
registration
information**

Ages 2.9 – 5 years old. Registration begins January 1st for the 2016 – 2017 school year. Parents are encouraged to visit the program at any time before registration. Registration for 2017-2018 opens Winter 2017. Questions: call 781-316-3880

The Arlington Recreation Department welcomes your preschooler to join us in our licensed preschool program. (Lic. #9013594) Come and take part in the many different subjects such as arts and crafts, reading, foreign language classes, story time, sports and games, gymnastics, and much more.

Your little students will enjoy socializing with other children in a structured, safe, and welcoming environment.

We offer snack time and request you pack a snack with your child for the day. Please no nut or peanut products because of children's allergies.

Kid Care Pre-School 2016 – 2017 Cost Per Month

You have the option to choose one, two, three, four or five days a week.

| Option | Full Year |
|-------------------|-----------|
| One Day A Week | \$118 |
| Two Days A Week | \$231 |
| Three Days A Week | \$344 |
| Four Days A Week | \$457 |
| Five Days A Week | \$571 |

Payments will be broken down into 10 monthly payments for full year. A \$125 non-refundable registration fee is due upon registration. \$100 of the registration fee will be applied to your first months tuition. Monthly payments are through automatic credit card payment only.

Calendar

Arlington Kid Care follows the Arlington Public School calendar and school cancellation schedule. The program will begin the first full week of school.

How Do I Sign Up?

To enroll, a family may choose 1, 2, 3, 4 or 5 days a week for the entire school year. Participants must be enrolled in the Kid Care Pre-School Program, have filed their paperwork, and paid the \$125 registration fee and the first month's tuition payment before attending the Arlington Kid Care Pre-School Program.